

# HAPPY HOLIDAYS!

# GIDUWA CHEROKEE NEWS

YSG GWY AØP Official News Publication of the United Keetoowah Band of Cherokee Indians in Oklahoma December 2022

**LITTLE MISS**  
UKB member  
Aiyana Ketcher is  
Miss New Years  
2022-23.  
**ANI GIDUWAGI, 9**

## Film shares Cherokee language

**“Dadiwonisi” is a documentary about Cherokee speakers and those learning the language.**

**BY LANI HANSEN**  
Reporter

TAHLEQUAH – A documentary project called “Dadiwonisi” (we will speak), which is under the direction of UKB member Schon Duncan is expected to be released in 2023.

Duncan started working on this project right before COVID-19 hit and looks forward to showing it in local film festivals.

Before Duncan started on this project, he worked for



**Marlene Ballard, Oleta Pritchett and Clara Proctor are Cherokee speakers featured in a film by UKB member Schon Duncan. LANI HANSEN/GIDUWA CHEROKEE NEWS**

the Cherokee Language Master Apprentice Program as an intern. During his time there he was approached by

a group who found interest in learning about Sequoyah who is attributed to writing the Cherokee Syllabary.

“After speaking with these guys, they liked how I did the interview and they let me co-direct the whole project,” Duncan said. “This project began with language work and turned into something bigger, now I’m almost done with it.”

As he worked on this film, Duncan’s focus was to show the teachers, students and staff highlighting the first language speakers and hearing their stories.

In the film “Dadiwonisi,” Duncan has featured 10-12 language speakers with three of them being from the UKB. The film is focused on the second language speakers and following their journey of life, which falls back on the first language speakers.

**SEE FILM, PAGE 3**

## Tribal Lighthorse finish another year of training

**BY LANI HANSEN**  
Reporter

TAHLEQUAH – Every year it is required by United Keetoowah Band Tribal Lighthorse policy for every police officer to complete 40 hours of continuing education including taser training.

The Lighthorse Department, which is managed by Director Charlie Dreadfulwater, serves the UKB, its properties and communities across the 14 counties. It has three security officers and four police officers.

“We mainly cover Cherokee County, Adair County, and Tulsa County is becoming a deal with the properties up there,” Dreadfulwater commented.

On Nov. 2nd the officers completed eight hours of training. Two of the security officers, Mychal Scott and Jennica Jones, went through the taser training.

Dreadfulwater said the taser training

recertification training had officers watching a powerpoint, taking a test and passing it with a 90% proficiency. New officers had to get shot by a taser, and veteran officers had to shoot a target for recertification.

“Security officers are not required because it’s not mandated for them,” Dreadfulwater said. “They did attend this last one since they were new to the taser training. All the other officers that are active have participated in the taser training through other agencies or throughout their career.”

Recently UKB Tribal Lighthorse received a grant under the UKB Tribal Court, which let Dreadfulwater hire on two additional police officers.

“If they haven’t recertified already this year on all their stuff, they will have to catch up on their recertifications,” Dreadfulwater stated.

The UKB Tribal Lighthorse Police Department, can be reached by calling 918-207-9955.



**Security officer Mychal Scott getting shot by the taser as his fellow colleagues hold him down. LANI HANSEN/GIDUWA CHEROKEE NEWS**

## KVNVTSI KNOWLEDGE

**Environmental Services teaches students how to make kvnons and kvnvtsi balls.**

**BY LANI HANSEN**  
Reporter

TAHLEQUAH – Kvnvtsi, is a traditional food for the Cherokee Indians but many people do not know what type of work goes into this delicious recipe.

As a part of the UKB Environmental Services Community Garden Grant, they had to include an intergenerational activity which led them to offering a kvnon making class.

The class began in the late spring of 2022 gathering at the UKB Community Garden in Stilwell. UKB Tribal Ethnobotanist Roger Cain said the students learned to make their own kvnons. They were using the stumps of cherry trees.

The kvnon making process took longer, because they had to wait out fire bans and then some students got too busy to meet up.

“We wanted to get this class going, because we live in a modern world where people don’t know much what goes into making kvnvtsi. We are losing knowledge

**SEE KVNON, PAGE 3**



**Kyndal Nuegin demonstrates how to use a kvnon. LANI HANSEN/GIDUWA CHEROKEE NEWS**

## UKB Tribal Court receives \$1.4M grant through CTAS

**The federal grant funds the Tribal Court and law enforcement agency.**

**BY LANI HANSEN**  
Reporter

TAHLEQUAH – The United Keetoowah Band Tribal Court recently received a \$1.4 million dollar grant under the funding opportunity entitled 2022 U.S. Department of Justice Coordinated Tribal Assistance Solicitation (CTAS). This grant will be utilized through Tribal Court and Tribal Law Enforcement.

The Tribal Court is the system of courts and judges that interpret and enforce laws, according to the UKB Tribal Court website. It operates under a Constitution that was adopted and ratified by the United Keetoowah Band of Cherokee Indians on October 3, 1950. The Tribal Court was created by the United Keetoowah Band to exercise its authority as a sovereign nation and to meet the needs of its members.

Petitioners may come to the Tribal Court to request legal remedies or redress grievances. The Tribal Court protects the interests of justice and equity while



**UKB Tribal Lighthorse Police officers will benefit from a recent \$1.4 million federal grant for tribal courts and law enforcement. LANI HANSEN/GIDUWA CHEROKEE NEWS**

promoting the welfare and sovereignty of our Tribe and its citizens. The District Court hears civil, criminal, and juvenile matters, while the Supreme Court hears cases of appeals and other matters as may be conferred by statute.

Tribal Court Administrator Kristie Bradley said this is the first time ever Tribal Court was awarded the CTAS grant.

Under the CTAS grant award, \$893,293 went towards the Tribal Court to enhance the existing court by hiring

staff to model tribal justice system for impacting access to justice for the UKB members. According to the award letter, the Court is to designate a space to operate and accommodate not only tribal members, but also those who work within the justice system. The Courts’ central role is in buttressing and legitimizing the tribal justice system of the UKB tribe.

The second part of the grant in the amount of \$72,905 under the 2022 COPS Office Tribal Resources Grant Program – Equipment and Training (TRGP-Equipment/Training), went to the UKB Tribal Lighthorse. The purpose of this grant is to advance the practice of community policing in tribal jurisdictions and meet the most serious tribal law enforcement needs. Funding under this award program will be utilized by the tribal jurisdiction to procure basic equipment, technology and training to increase the jurisdiction’s community policing capacity to prevent and disrupt crime and violence.

UKB Tribal Lighthorse received another grant under the 2022 COPS Office Tribal Resources Grant Program for Hiring (TRGP-Hire), they were awarded \$519,264. The award letter stated, it is to advance the practice of community policing in tribal jurisdictions through

**SEE GRANT, PAGE 3**





**Assistant Chief**  
Jeff Wacoche  
jwacoche@ukb-nsn.gov



**Secretary**  
Joyce Fourkiller  
jfourkiller@ukb-nsn.gov



**Treasurer**  
Sonja Gourd  
sgourd@ukb-nsn.gov



**Canadian Dist.**  
Eddie Sacks  
918-822-1957



**Coeweescowee Dist.**  
Clifford Wofford  
918-822-1953



**Delaware Dist.**  
Caleb Grimmett-Smith  
918-791-8107



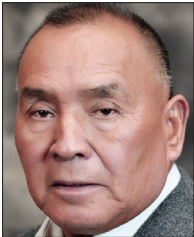
**Flint Dist.**  
Frankie Still  
918-507-1822



**Goingsnake Dist.**  
Willie Christie  
918-822-3803



**Illinois Dist.**  
Peggy Girty  
918-457-7067



**Saline Dist.**  
Charles Smoke  
918-457-7071



**Sequoyah Dist.**  
Junior Catron  
918-315-0970



**Tahlequah Dist.**  
Alvin Hicks  
918-931-1462

# Flu season, Xmas funds and treaty reps

Si yo, ni ga da.  
Winter showed up in Keetoowah Reservation and blanketed our grounds with snow, as we go into the Christmas holiday, we have much to be thankful for, our health, our families and the many blessing our creator has given us.

The flu season is here so please get your flu shots, your health provider can provide you information about vaccinations.

A virus and germs can linger in affected areas for some time you, so make sure to take measures to prevent others from becoming infected.

Many of the measure are similar to the COVID measure; sanitize or disinfect your areas, avoid places were germs may congregate, large crowds, and practice daily hygiene.

On Dec. 9, the Accounting Department will mail out the 2022 Economic Relief fund to exclusive tribal members and children, be sure to watch your mailbox in the coming days for your disbursement. This year's disbursement will take the place of elder stipend and children Christmas cards.

I accepted on behalf of the United Keetoowah Band of Cherokee Indians an award from the International Archives, Museums and Libraries.

Our John Hair Museum and Cultural Center received the distinguishing award as one of the top 10 best tribal Muse-



## Chief's Corner

**JOE BUNCH**  
Principal Chief  
jbunch@ukb-nsn.gov

ums. With a limited amount of funding and great imagination, Museum Director Ernestine Berry and staff have created a one-of-a-kind museum, archive and cultural center. My hat off to them for their success and we look forward to the new displays and featured arts and crafts.

The next chance you get please come by to look at our history, look at the restored documents of old and those documents that have been translated into English.

Also, while you are visiting us you can check out the gift shop for your Christmas needs, many of the products are produced by our Tradition Keepers.

Cherokee Nation of Oklahoma had a meeting with the House Rules Committee to install their tribal delegate into the House of Representatives, the position will be a non-voting position. This will make possible two representatives one from the tribe and one from the federal selected position.

The foundation is built on treaties from

over 200 years ago, the 1785 Treaty of Hopewell signed by the Cherokee people that states the Cherokees will be allowed a seat in House of Representatives.

For over 200 years this treaty provision has been in place, and today the Cherokee Nation of Oklahoma is wanting Congress to install their representative. The problem is today there are three federally recognized Cherokee tribes and if you place one representative then you need to place all three Cherokee Representatives.

It's been 200 years since the Cherokee People signed the 1785 Treaty of Hopewell, taking time to do it properly and fairly is the best method.

The assistant chief and I both sent objections to the Rules committee; our comments will be placed in the congressional record.

I cannot help but think the Cherokee Nation of Oklahoma's insistence of the Rules Committee to place a tribal representative will somehow affect our request of the Solicitor General's determination of successor in interest (exclusive jurisdiction) of the Historic Cherokee Nation.

Thank you, United Keetoowah Band of Cherokee Indians in Oklahoma, be thankful for what we have and look to the creator for guidance, be sure to thank your councilor for the work he/she is doing and for the December fund coming your way.

## UKB Arts and Crafts Show on tap Dec. 10

**BY MARILYN CRAIG**  
UKB Museum Marketing Coordinator

**TAHLEQUAH** – Just in time for Christmas shopping, the John Hair Cultural Center and Museum is hosting a Keetoowah Arts and Crafts sale on Saturday Dec. 10 from 9 a.m. to 5 p.m.

Artists will be selling baskets, beadwork, stone carvings, leather work, ribbon skirts, textiles, dreamcatchers and more. The sale will include up and coming UKB artisans and crafts makers and will also feature some of the tribe's most recognized artists, the UKB Tradition Keepers.

Since 2005, the JHCCM has awarded the prestigious title of Tradition Keeper to outstanding Keetoowah members dedicated to continuing the Keetoowah Cherokee culture through practicing a variety of ancient skills and traditions. To date, 30 Keetoowah tribal members have received this award.

"Our group made the decision to open this show to allow new

Keetoowah artists to come in and get experience and sell their goods," said Tradition Keepers Chairman Matt Girty. "Giving a hand up is the Keetoowah Way, and to practice, promote and carry forward traditional knowledge and skills are our core objectives as a group."

"People love the opportunity to buy hand crafted, one-of-a-kind gifts or pieces of art. It is so much more personal and meaningful than just picking up another item 'made in China,'" said Marilyn Craig, museum marketing coordinator. "Although the museum gift shop hours are normally 8:30 a.m. to 4:30 p.m. Monday through Friday, we have had requests to open on Saturday to give shoppers who work weekdays an opportunity to browse and meet the artists."

A special activity for the day will be free make-and-take crafts for kids. Kids can make a pinch pot or paint a mini mask as an ornament or to give as a gift. The JHCCM is at 18280 W. Keetoowah Circle. For information, call 918-871-2866.

## 2022 UKB ELECTION RESULTS TRIBAL COUNCIL

**Canadian Dist:** Eddie Sacks  
**Coeweescowee Dist:** Clifford Wofford  
**Delaware Dist:** Elmer Panther Jr.  
**Flint Dist:** Frankie Still  
**Goingsnake Dist:** Willie Christie  
**Illinois Dist:** Peggy Girty  
**Saline Dist:** Charles Smoke  
**Sequoyah Dist:** Vacant  
**Tahlequah Dist:** Alvin Hicks

## BALLOT MEASURES

**Measure 1:** Should a driver's license be required for candidates for Council?  
**Passed:** 293-195

**Measure 2:** Should a high school diploma or GED be required for candidates for Council? **Passed:** 307-119

For more information, visit <https://www.ukb-nsn.gov/electionboard> or call 918-871-2800.

## THE UNITED KEETOOWAH BAND'S OFFICES WILL BE CLOSED ON DEC. 23 & 26 FOR CHRISTMAS.



*HAVE A HAPPY & SAFE HOLIDAY SEASON!*



## UKB Tribal Enrollment

18300 W. Keetoowah Circle Tahlequah, OK 74464  
Open Monday-Friday | 8:30 a.m. to 5 p.m.

As with other federally recognized tribes in the U.S., the United Keetoowah Band has its unique process to determine membership.

Visit [ukb-nsn.gov/membership](http://ukb-nsn.gov/membership) for Enrollment documents and a brief FAQ section of the most common questions about UKB membership. Find forms for Membership Applications, CDIB Instructions, Update Your Information and UKB Relinquishment.

For additional questions or if you are a member who has lost your enrollment card, call the UKB Enrollment Office Registrar Amanda Stopp at 918-871-2797.

Questions concerning history, cultural practices, clothing, language or ceremonies are better suited for our John Hair Cultural Center and Museum. Visit [ukb-nsn.gov/john-hair-cultural-center-museum](http://ukb-nsn.gov/john-hair-cultural-center-museum) or call 918-871-2866.

### GIDUWA CHEROKEE NEWS

Giduwa Cherokee News  
P.O. Box 746  
Tahlequah, OK 74465

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United Keetoowah Band veterans visit on Nov. 10 at the UKB Veterans Day Lunch.  
LANI HANSEN/GIDUWA CHEROKEE NEWS



United Keetoowah Band veterans sit on the UKB's float for the Nov. 11. Tahlequah Veterans Day Parade. RITA COURTWRIGHT/GIDUWA CHEROKEE NEWS



On the Tahlequah Veterans Day Parade route, UKB veteran Mychal Scott waves to the crowd on Nov. 11. RITA COURTWRIGHT/GIDUWA CHEROKEE NEWS



Veteran Hominy Littledave speaks at a Nov. 10 luncheon with UKB Assistant Chief Jeff Wacoche. LANI HANSEN/GIDUWA CHEROKEE NEWS

# KVNON: Kvnvtshi was a survival food for Cherokees of the past.

FROM PAGE 1

of making kvnons,” Cain said.

He explained much of why the bark stays on the tree of the kvnons as it holds it together while crushing the hickory nuts.

One student Charlotte Tehee said she felt like the class was also meant to bring back the gathering practices of knowing where the hickory nut trees are.

“My grandmother knew directly where to go, she had ten places,” Tehee said.

Tehee was 9 years old when she made her first kvnvtshi with her grandmother, and she took this class so she could have her own kvnon. She said the kvnvtshi and being able to have her own kvnon makes her feel closer to her ancestors.

Kyndal Neugin a Tahlequah resident and a student at Northeastern State University, was a beginner in kvnon making. She heard about the class through her mom who is an employee at the UKB.

“I spent most of my summer working on this,” as she showed off her kvnon. “It was a lot harder than I thought it would be, coming in I thought it was going to take a few days, but it took the whole summer. I finished just in time for kvnvtshi season.”

Kvnvtshi season is more in the fall. After the first frost is when gatherers start picking hickory nuts to make the kvnvtshi ball.

Now that Neugin had completed her kvnon, she was ready to prepare her kvnvtshi ball.

She explained how to make it, by pounding the meat of hickory nuts until it gets oily that way it is easier to for it all to stick together. As the hickory nut meat is oily this helps the maker to form the ball better.

She said once the

kvnvtshi ball is formed, wrap it in plastic and freeze it. According to Cain, back in the old days the kvnvtshi ball was kept in a shell. The kvnvtshi is made with rice and water in the modern days.

Kvnvtshi was a survival food back in the day. In modern days, people like to add sugar in it, making it more of a dessert.

Cain said he hopes to continue having the classes in the spring for more cultural-related topics. For more information, call Cain at 918-871-2765.

# FILM: Duncan wants to enter the documentary into festivals.

FROM PAGE 1

“In the film, you get to see the second language speakers in their home and working on a project or sitting inside with the fluent speaker,” Duncan said.

The film plans to feature speakers Marlene Ballard (speaker and translator), Oleta Pritchett (speaker), Clara Proctor (speaker), UKB Chief Joe Bunch, UKB Assistant Chief Jeff Wacoche, Ernestine Berry (historian) and Duncan (activist, teacher and co-director).

Duncan stated that Ballard, a resident of Greasy, was helpful in translating and assisted him with the film and she is featured in the film multiple times.

She spoke highly of Duncan’s film that focuses on the Cherokee language. She said he did a good job as a second language learner.

“I know people have a hard time learning the language, and when I saw him be so involved and dedicated to

what he was doing I was so glad to help him,” Marlene spoke of Duncan’s film project. “He knows if he needs anything I’m always here for him.”

This film is a tool to encourage the next generation to learn the language, and Marlene believes Cherokee’s are at a high risk of losing the language. Marlene spoke of how the language is being taught in classroom settings, but they are not teaching the old ways. She said even fluent speakers must go back to their roots in sitting with a group of people and working together. That is why this film touches base on so many levels, it shows clips of the fluent speakers sitting around in a group of family or friends speaking Cherokee.

With final edits being made, Duncan plans to submit “Dadiwonisi” into film festivals and after seeing it shown in a festival setting.

You can watch the trailer at <https://blurry-pictures.com/>.

# GRANT: The funding will provide two additional officers.

FROM PAGE 1

the hire or rehire of additional career sworn law enforcement officers, tribal/village police officers, and village public safety officers. Funding under this award program will be utilized by the tribal jurisdiction to hire and rehire career sworn law enforcement officers, tribal/village police officers, and village public safety officers necessary to increase the jurisdiction’s community policing capacity to prevent and disrupt crime and violence.

UKB Tribal Lighthorse, which is under

the direction of Charlie Dreadfulwater, was happy to receive this grant. With few officers on his team and patrolling their designated areas, people do not realize how important and busy these officers get.

“With this grant it will cover an addition of two officers and their equipment,” Charlie said about receiving the grant. “It’s a big thing for our department and like I said it adds two more bodies to help out and provide services to our people and community.”

To contact any on-call Lighthorse officer, call 918-207-9955.

## UKB Tribal Lighthorse Police

An officer is always on-call if you are ever in need of emergency assistance or assistance with a civil or criminal matter.

Call 918-207-9955

### Traditions Honored

We make it personal.®

We honor you, celebrate your ways, with your traditions and what matters to you and your community.

# Hart

## Funeral Homes

[www.hartfuneralhome.net](http://www.hartfuneralhome.net)  
918-456-8823

# Low Income Home Energy Assistance LIHEAP

Winter Heating Program: Oct. 1-March 31  
Assists members with buying wood, pellets, propane, natural gas and stoves to stay warm during colder months.

Summer Cooling Program: April 1-Sept. 30 | Assists members with electric bills and window units for elders.

## Health Services

This program can assist members with a variety of needs related to healthcare. These needs can include:

- Eye glasses/Contacts
- Fuel vouchers for doctor visits
- Lodging for medical emergencies
- Medication assistance
- Payment with medical services including hospital stays, ambulance rides and appointments
- Insurance co-pay
- Select medical equipment



# OBITUARIES

## Larry Scott Lyman

Larry Scott Lyman left this earth too soon on September 30, 2022. He was born to Lester Lyman, and Annie Cochran on December 18, 1960, in Claremore, Oklahoma. He was a self-employed handyman and was a jack of all trades.

## Phillip Edward O’Field Jr.

Phillip Edward O’Field Jr., 56, 56, of Kenwood, passed from this life on Tuesday, October 25, 2022, in Tulsa, Oklahoma. He was born on April 18, 1966, in Claremore, Oklahoma, to Edward O’Field and Eunice (Raper) O’Field. He started out attending Kenwood school and went on to graduate high school from Salina. He was a proud Wildcat. He also attended college at Haskell Indian Nations University in Lawrence, Kansas and then went on to work 17 years for Baker Hughes. Throughout the years, he played various sports and was well known for playing football. He had a great sense

## Jimmy (Henry) Sawney

Jimmy (Henry) Sawney, son of Jim and Janis (Chulio) Sawney, was born on June 9, 1977, in Tahlequah, Oklahoma. At the age of 45, Jimmy passed away surrounded by family on October 22, 2022. Jimmy graduated from Central High School in 1995. He also joined Talking Leaves Job Corp. Where he took electrical class. He also worked various job offers.

## Sharon Jean (Swimmer) Sawney

Sharon “Weg” Jean Sawney the daughter of Emma Swimmer and Frank Swimmer was born June 23, 1961, in Tahlequah, Oklahoma, and went home to be with the Lord on November 1, 2022, in Stilwell, Oklahoma. On April 3, 1987, she married the love of her life: Buzzy Sawney and to this union 5 children were born. Sharon loved to tend to her flower beds and

## Sharon Kay Wise

Sharon Kay Wise, 65 years old, passed away on October 10, 2022. Sharon was born in Claremore on December 6, 1956, to Levi and Beatrice (Adams) Leach. She enjoyed crafting, spending time

Larry was the best father he could ever be to his children daughters Sherri, Hailey, Heidi and son Syneka. He always loved to be out in nature and enjoy his long walks, if he wasn’t taking in the fresh air, he was in a casino having the time of his life. Still nothing could compare to the love he had for his children and



of humor and could give anyone in the room a good laugh. He was a lifetime member of Euwasha Baptist Church and enjoyed attending services, as well as taking any opportunity he could to sing. He enjoyed being outdoors, fishing and hunting, and working on cars. He was well-known for always helping those in need, being a father figure to many, and a wonderful family man. Most of all, he loved his family and the time he spent with them, especially family dinners. He leaves behind a wonderful legacy, many

He later married the love of his life, Renee, on March 22, 1999. He was preceded in death by his wife, Renee Sawney, maternal grandparents: Sallie and Dan Hummingbird and John Chulio, paternal grandparents: Eunice and Bill Chuculate, his mother: Janis (Chulio) Sawney, sister: Shelly Black, aunts: Josie Vann and Betty Duncan, great uncle: Oscar Chulio and two baby nephews. Jimmy was one of a kind. He could liven up a room when he walked in. He



walk to the creek with her daughter and grandchildren. She loved cruising backroads and spending time with family. She had 4 special nieces: Danata Flynn, Janice Flynn, Shalissa Ross, and Alyssa Flynn. Weg was a devoted OU fan. She was preceded in death by her mother: Emma Swimmer; grandpar-

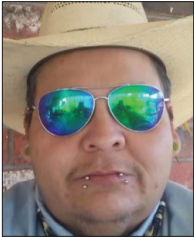
with family and going out to eat and explore with her sister. Survivors include her son, Neal Bacon and wife Cassandra Summerfield, brothers: Marshall and Johnny Leach, sisters: Barbara Parrish and Sue Foreman, grandchildren: Dess-raiee, Destinee, and Kyler Bacon, and

grandchildren. The only thing that could come close was his dog, Buddy. He is survived by his mother Annie Lyman of Taggflats, Oklahoma, and children Sherri O’Malley & husband Michael O’Malley of Jenks, Oklahoma; Hailey Lyman & boyfriend Davonte Ramsey of Tahlequah, Oklahoma; Heidi Lyman of Woodall, Okla-



memories for his friends and family to cherish, and will be dearly missed by those who knew and loved him. Funeral services for Phillip were held Nov. 1 at the Salina First Baptist Church with Rev. Richard Budder officiating. Burial followed at the Euwasha Cemetery in Kenwood with Dennis Bendabout, Jeremiah Carter, Esau McCarter, Jonathan Blackbear and Jeremy Blackbear serving as casket bearers. Honorary casket bearers were Floyd Dry, Virgil Dry, Curtis Dry, Leon Dry and Shane Smith. A wake service was held on Oct. 31 in the Shipman’s Funeral Home Chapel. To leave a family message, please visit his Guestbook

liked to tease and joke around with people. Jimmy was a ball of fun to be around. He loved hanging out with his friends, playing music, fishing and he had other hobbies that he loved to do. Wherever he went Jimmy never met a stranger. He lived life to the fullest while on earth.



ents: Levi and Mary Ross; 1 brother: Arnold Ross; 1 aunt: Ollie Ross; 3 uncles Albert Ross, Ronnie Ross, and George Ross; and mother-in-law and father-in-law: Ruby and Jodie Sawney. Sharon is survived by a very loving family that includes her husband: Buzzy Sawney; 3 sons: Waylon Sawney, Clifford Sawney, and Aaron Sawney; 2 daughters: Christina Sawney and Jodie Sawney; 10 grandchildren: Sydney, Isis, Dustin, Destinee, Makana, Maliyah, Kellen, Jessup,

great grandchildren: Aminadell and Ace Ryder Cook-Bacon, and Kashlyn Bacon. She is preceded in death by her father Levi Leach, mother Beatrice Lawhead,



homa; and Syneka Lyman & girlfriend Summer Shell of Kansas, Oklahoma. Grandchildren Kylee & Justin McCoy, Kayla Parnell, Michael O’Malley, Lazarus & Lynnox Ramsey, Nohea Creason, and Ivory Washington. Sisters Esther Stopp, Rosella Lyman, Lucille Snail, and brother Rodney Lyman. Larry is Preceded in death by his father Lester Lyman, sister Sherri Lyman, cousin Faye Cochran, brother-in-law Kelsey Stopp. And his most beloved best friend Buddy.

at www.shipmanfuneralhome.com. Arrangements were under the direction of Shipman’s Funeral & Cremation Service of Pryor. He is survived by his wife, Felicia, of the home; son, Joshua James O’Field of Pryor; daughter, Faith Shereen O’Field, of Kenwood; brother, Jeffrey O’Field, of Kenwood; sisters, Loretta Buffington of Spavinaw, Debbie O’Field of Kenwood, and Mary Bendabout of Kenwood; and grandchildren, Makena Mae O’Field and Hope Arabella Martinez. He is preceded in death by his parents, Edward and Eunice; daughter, Nellie Nicole O’Field, sister, Rosetta Blackbear; and grandson, Hilario Martinez IV.

He leaves behind a loving family that includes his dad, Jim Sawney, brother: Dale and wife Tracy of Roland, Oklahoma; brother-in-law Preston Black of Stilwell, Oklahoma; sister: Becky Chuculate of Tahlequah, Oklahoma; aunts Virginia (Carl), Viola (Victor) and Linda Littledeer, all of Stilwell, Oklahoma; 5 nieces, 3 nephews, 12 great nieces and nephews and many cousins, other relatives and friends, who are gonna miss him very much

Emma, and Gracie; 1 great granddaughter: Emma; her father: Frank Swimmer; 3 brothers: Larry and wife Nadine Ross, Donald and wife Sally Ross, Arther and wife Adriane Ross; 1 aunt: Lillie Ross; 2 uncles: Johnny Ross and Richard Ross. Sharon also helped raise 4 nieces: Janice, Dana-ta, Amanda, and Miranda; 1 nephew: George, Jr.; and a host of nieces, nephews, other relatives, and many friends also survive her.

husband Terry Wise, daughter Ivy Bacon, and brothers: Carl, Neal, and Charles Leach, and Jimmy Adams. A celebration of life was held October 26, 2022, at the Worley Luginbuel Funeral Chapel in Grove.

# LUNCH MENU

The United Keetoowah Band’s Title VI Lunch Menu for December 2022 in the Jim Proctor Community Center at 18419 W. Keetoowah Circle in Tahlequah, Oklahoma. For information, call 918-871-2800.

**Dec. 1**  
Catfish w/Tartar Sauce  
Potato Wedges  
Coleslaw, Hush Puppies  
Fruit Cup

**Dec. 2**  
Kitchen Closed  
Cleaning Day

**Dec. 5**  
BLT w/Fixings  
Macaroni Salad  
Potato Chips  
Fruit Cup

**Dec. 6**  
Chicken Tortilla Soup  
Mexican Rice  
Tortilla Chips  
Fruit Cup

**Dec. 7**  
Pulled Pork on Bun  
Baked Beans  
Potato Salad  
Brownie

**Dec. 8**  
Brown Beans  
Sweet Potato  
Greens, Cornbread  
Fruit Cup

**Dec. 9**  
Chili Cheese Coney  
Potato Salad  
Fritos  
Fruit Cup

**Dec. 12**  
Goulash  
Broccoli Cauliflower Cut  
Garlic Toast  
Fruit Cup

**Dec. 13**  
Stuffed Peppers  
Rice Pilaf  
Peas & Carrots  
Bread, Fruit Cup

**Dec. 14**  
Kitchen Closed  
Employee Christmas

**Dec. 15**  
Chicken & Dumplings  
Green Beans  
Corn  
Bread, Cupcake

**Dec. 16**  
Chili  
Fritos  
Yellow Hominy  
Fruit Cup

**Dec. 19**  
Spaghetti w/Meat Sauce  
Italian Green Beans  
Corn  
Bread Twist, Fruit Cup

**Dec. 20**  
Philly Cheese Steak  
Ruffle Chips  
Macaroni Salad  
Pickle, Fruit Cup

**Dec. 21**  
Elder Christmas Dinner

**Dec. 22**  
Scrambled Eggs  
Bacon  
Pancakes w/Syrup  
Fruit Salad

**Dec. 23**  
UKB Tribal  
Offices Closed

**Dec. 26**  
UKB Tribal  
Offices Closed

**Dec. 27**  
Veggie Hamburger  
Stew, Hominy  
Cornbread  
Fruit Cup

**Dec. 28**  
Hamburger w/Fixings  
Steak Fries  
Cake  
Ice Cream

**Dec. 29**  
Black-eyed Peas w/Ham  
Fried Potatoes  
Greens, Cornbread  
Fruit Cup

**Dec. 30**  
Kitchen Closed  
Cleaning Day



# RECIPES

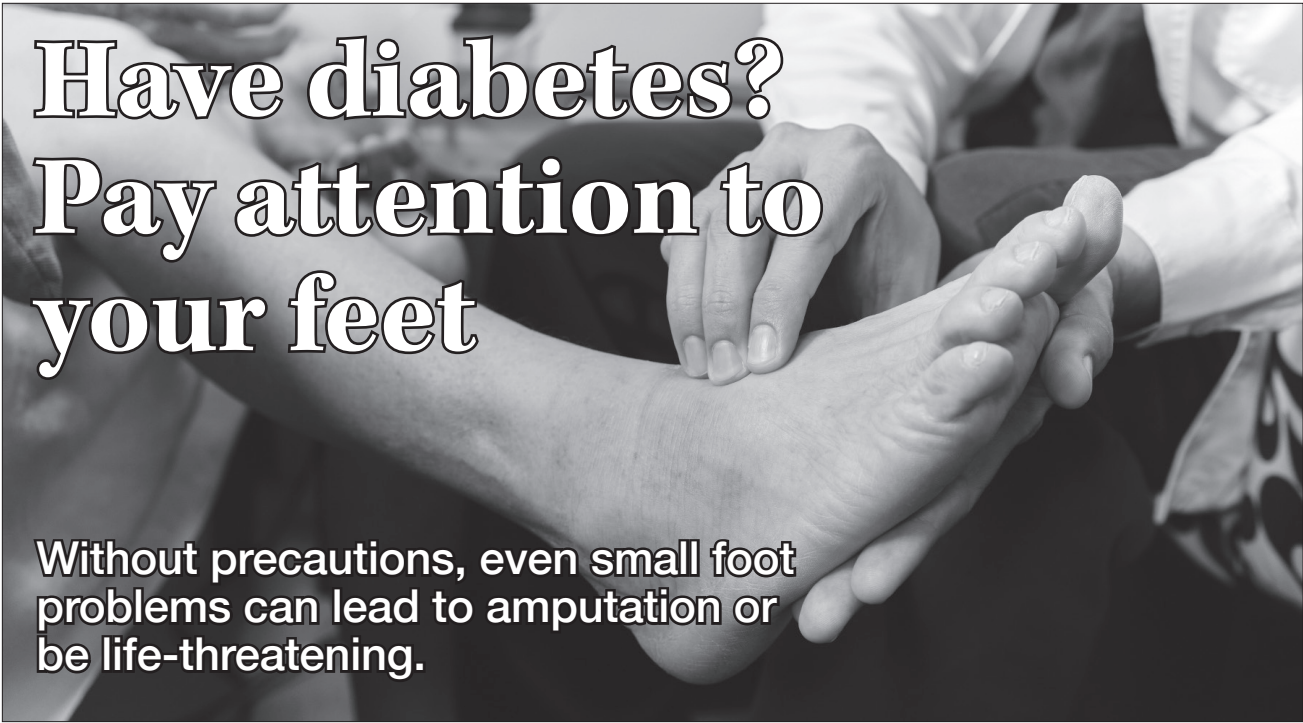
**Black Forest Cake Roll**  
(Diabetic Friendly)  
**Black Forest Cake**  
4 eggs  
1/3 cup flour  
1/4 cup unsweetened cocoa powder  
1/4 tsp baking soda  
1/4 tsp salt  
3/4 cup granulated sugar  
Unsweetened cocoa powder  
**Cherry Cream Filling**  
1/2 cup tub-style cream cheese  
1 cup frozen whipped dessert topping, separated  
2/3 cup chopped maraschino cherries  
1 tbsp sugar-free hot fudge ice cream topping, warmed  
10 maraschino cherries, drained, dried

Allow eggs to stand at room temperature for 30 minutes. Meanwhile, grease a 15x10x1-inch baking pan. Line bottom of pan with parchment paper; grease and lightly flour paper. Set pan aside. In a small bowl stir together flour, 1/4 cup cocoa powder, the baking soda and salt; set aside. Preheat oven to 375 degrees F. In a large bowl beat eggs with an electric mixer on high speed for 5 minutes. Gradually add granulated sugar (see Tips), beating until thick and lemon colored. Fold in flour mixture. Spread batter evenly into prepared pan. Bake about 15 minutes or until top springs back when lightly touched.

Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled with unsweetened cocoa powder. Slowly peel off parchment paper. Starting from a short side, roll up towel and cake into a spiral. Cool on a wire rack for 1 hour. Meanwhile, prepare Cherry Cream Filling. In a small mixing bowl beat 1/2 cup tub-style cream cheese with an electric mixer on medium speed until smooth. Add 1/2 cup frozen whipped dessert topping, thawed; beat on low speed until just combined. Fold in another 1/2 cup frozen whipped dessert topping, thawed. Drain 2/3 cup maraschino cherries; remove stems and pat cherries dry.

Chop cherries and fold into cream cheese mixture. Unroll cake; remove towel. Spread cake with Cherry Cream Filling to within 1 inch of edges. Roll up cake and filling into a spiral. Trim ends. Cover and chill in the refrigerator for 2 to 24 hours before serving. If desired, just before serving, drizzle whole cake with ice cream topping and garnish with cherries. If using a sugar substitute, choose Splenda(R) Sugar Blend for Baking in place of granulated sugar. Follow package directions to use product amount that’s equivalent to 3/4 cup granulated sugar. Source: Diabetic Living Magazine





Diabetes can impact the body in various ways, especially creating potentially serious complications for your feet. STATEPOINT MEDIA

STATEPOINT – Diabetes can impact the body in various ways, especially creating potentially serious complications for your feet.

“Foot care is a central component of overall diabetes care,” Bryce Paschold, a board-certified foot and ankle surgeon and a fellow member of the American College of Foot and Ankle Surgeons, said. “Without precautions, even small foot problems can lead to amputation or be life-threatening.”

To help those living with diabetes understand potential complications and how to avoid them, the ACFAS shares these insights:

**Potential Complications**

Nerve damage that affects arms, hands, legs and feet known as diabetic peripheral neuropathy not only makes you more likely to experience numbness, burning and loss of your protective sensation, but losing sensation in your feet can also make it easier to miss common minor skin pathologies and other foot issues while they’re still relatively easy to treat.

With diabetes, the blood vessels below the knee often become narrow and restrict blood flow, causing infections that don’t heal. This common and serious complication can lead to the loss of your foot, leg or your life.

Stress fractures and sprains are

commonplace among all athletes, but those living with diabetes who experience neuropathy are more likely to be unaware of foot and ankle injuries and exacerbate them by continuing their activities.

While relatively rare, Charcot foot seems to be growing in prevalence as more Americans develop diabetes. This destruction and erosion of the foot’s bones, caused by nerve damage, can trigger problems, including joint loss, fractures, arch collapse, deformity, ulcers, amputation and even death. Symptoms appear suddenly and include warm and red skin, and swelling, but commonly without pain.

**Prevention**

You can play a role in reducing your risk for complications:

- Check for cuts, blisters, redness, swelling and nail problems. Use a magnifying mirror to look at the bottom of your feet. If you need help, have someone do it for you. Know what is going on with your feet on a daily basis.
- Seek care immediately if you experience pain in your leg at night or with little activity. It could mean you have a blocked artery.
- Never trim calluses or corns yourself, and don’t use over-the-counter medicated pads. See a foot and ankle surgeon for treatment.

- To prevent injury, make sure no needles, insulin syringes or other sharp objects are on the floor. You should also always wear shoes, indoors and outdoors.
- Shake shoes free of small objects you may not be able to feel and ensure your socks aren’t bunched up. Wear lighter colored socks so you’ll notice blood or drainage if they occur.
- Never use heating pads, hot water bottles, ice or electric blankets, and never put feet in hot water without testing the temperature. You can burn your feet without noticing.
- Improve circulation by wiggling toes and moving your ankles for five minutes, two to three times a day.
- Good diabetes management reduces risks of developing complications.
- Visit a foot and ankle surgeon to see if you have lost any feeling or circulation. Periodic exams can help prevent complications.

“Advanced therapies for foot wounds, such as the use of bioengineered skin substitutes and negative pressure wound therapy, are saving limbs and restoring mobility for people who suffer from nonhealing foot ulcers,” said Paschold. For more information, visit FootHealthFacts.org.

# Leg pain signs to not ignore

NEWSUSA – Peripheral arterial disease (PAD) is a common condition affecting more than 12 million people in the U.S. However, symptom recognition is low: 50% of PAD patients have unrecognized symptoms, often brushed off as a result of aging.

Dr. John Laird, vice president and chief medical officer of Peripheral Vascular Health at Medtronic, breaks down what to know about this common, but often misunderstood, disease.

PAD occurs when blocked arteries outside the heart limit or stop blood flow to the legs. When blood cannot reach the legs and feet, it can cause pain while walking, and even lead to amputation. PAD also increases risk for a stroke or heart attack. This is the reality for more than 140,000 people in the U.S.

“PAD is a serious condition, but due to very low awareness, people are often confused when first diagnosed,” Laird said. “But because most people haven’t heard of it, they may not realize it can have devastating impacts on a person’s quality of life.”

Systemic health disparities also play a significant role when it comes to risk for PAD, as it disproportionately affects minority communities.

**Assess Your Risk**

Nearly 95% of people with PAD have at least one other chronic disease. Smokers are at a four times greater risk of PAD.

Common risk factors include diabetes, high cholesterol, high blood pressure, history of heart attack or stroke, history of smoking and age over 50.

**Know PAD Signs & Symptoms**

People with PAD often experience discomfort or fatigue in the legs when walking. This can impact daily activities. Symptoms include:

- Cramping or pain in the legs when active
- Numbness, tingly or burning in your legs and feet
- A cold foot that is pale or changes in color
- A sore or ulcer on the foot that is slow or fails to heal

When shared with a doctor early, PAD symptoms can be more easily addressed and risk of amputation is significantly decreased. Treatment options may include different therapies used over time based on severity of the artery blockage. These may include:

- Lifestyle changes, including walking
- Medication
- Endovascular treatment
- Surgical bypass
- Amputation (as a last resort)

In cases where exercise and medical management fail, your healthcare provider may perform a procedure to help restore blood flow by reopening narrowed or blocked arteries. Talk to your doctor about risks associated with these devices.

“There are many treatment options,” Laird said. “You can successfully advocate for yourself by asking your doctor about PAD screenings.”

The Centers for Disease Control and Prevention states that nearly 1 in 5 U.S. adults who have had COVID-19 experience new or lingering symptoms that last three or more months after first contracting the virus. STATEPOINT MEDIA

## PTs aid with long COVID

STATEPOINT – Long COVID can affect anyone who’s had COVID-19, even those who’ve had mild illness or no symptoms initially. Data from the Centers for Disease Control and Prevention show that nearly 1 in 5 U.S. adults who have had COVID-19 experience new or lingering symptoms that last three or more months after first contracting the virus. Physical therapists can play a role in managing symptoms of long COVID.

Long COVID is unpredictable, and research is evolving, however common symptoms include extreme fatigue, shortness of breath, racing heart, dizziness, muscle aches and pains, brain fog, problems completing everyday activities and poor exercise tolerance. It’s important to note that certain types of physical activity may not be appropriate for those living with long COVID.

“A highly-personalized plan of care that includes working with a physical therapist is important,” said Leo Arguelles, American Physical Therapy Association spokesman. “People with long COVID can benefit from being monitored during exertion and should follow prescribed exercise dosing that helps them gradually progress, rather than pushing through fatigue on their own, which could potentially set them back.”

Physical therapists are movement experts who treat individuals with the kinds of symptoms that people with long COVID experience. Here are three reasons to consider including a physical therapist on your long COVID care team.

1. Physical therapists assess your overall well-being. They can develop a treatment plan to address issues such as fatigue, respiratory function and cardiac endurance. They can work and communicate with your primary care physician and refer you to other health care providers if they feel you’d benefit from seeing another specialist. Physical therapists and physical therapist assistants collaborate with each other, and with other health professionals, to ensure that you receive the best care.
  2. Movement is essential to your recovery and your mental health. But for some people, long COVID includes post-exertional malaise, or PEM, a worsening of symptoms after physical or mental activities. Your ability often may fluctuate – an activity that’s easily tolerated one day may exacerbate symptoms the next. Physical therapists develop prescribed exercise programs based on your symptoms and how your body responds and can monitor your symptoms, blood pressure, heart rate and oxygen levels to ensure your safety while doing exercises.
  3. Through patient education, a physical therapist can help find the balance between rest and activity and identify the right kind and amount of movement you should get to improve your tolerance for everyday activities.
- More research is being done on long COVID. Your therapist will review available research findings and can adjust your treatment as needed. To learn more or find a therapist, visit ChoosePT.com.

## Burial Assistance

The United Keetoowah Band wants to be a source of comfort during a family's most difficult time.

This program can assist members with up to \$3,000 for funeral services or cremation costs. Please call for a list of approved funeral homes we partner with and income guidelines for this program.

## Family Violence Prevention Services

This program can assist tribal members and members of the public with any instances of family or domestic violence. Services include advocacy, safety planning, financial assistance for relocation or payment of deposits for housing. Staff also provides assistance with protective order assistance and court accompaniment.



# Okla. slips on nation’s report card

BY JENNIFER PALMER  
Oklahoma Watch

Students across the country lost significant ground in reading and math amid the coronavirus pandemic, according to a national assessment data – but Oklahoma students’ scores slipped more than most.

The data offer the clearest picture yet of academic setbacks incurred during the COVID-19 pandemic and comes from the National Assessment of Educational Progress, also known as the Nation’s Report Card. Unpredictable shifts to virtual and distance learning, trauma from illness and death and an ongoing teacher shortage have made pandemic-era schooling difficult.

In math, Oklahoma dropped 8 points for fourth graders and 13 points for eighth graders, the largest point decline of any state. Nationwide, scores dropped 5 points for fourth grade and 8 points for eighth grade.

In reading, Oklahoma had an eight-point decline in fourth-grade reading and a seven-point decline in eighth-grade reading, compared to a three-point average national decline in both grades. Reading scores were declining even before the pandemic.

State Superintendent of Public Instruction Joy Hofmeister called the results “deeply troubling.”

“The scores are evidence that students suffered significant disruptions to educational achievement as a result of the pandemic,” she said. “A full recovery will take considerable time and resources, but Oklahoma students are already turning a corner.”

In a social media post, Gov. Kevin Stitt blamed school closures during the pandemic for the declines.

“Liberal school unions did everything they could to keep schools closed and students out of the classroom. Our children are paying the price. New test scores show the learning loss in Oklahoma far exceeds the national average. Unacceptable,” he tweeted Oct. 24.

Federal officials cautioned against making such conclusions.

“There’s nothing in this data that tells us there’s a measurable difference in the performance of states and districts based solely on how long schools were closed,” said Peggy Carr, commissioner of the



In this May 2021 file photo, Elizabeth Boomer, a freshman English teacher at Harding Charter Preparatory High School in Oklahoma City, talks about the challenges of virtual learning during the pandemic. WHITENY BRYEN/OKLAHOMA WATCH

National Center for Education Statistics, which manages the administration of the NAEP assessments.

School disruptions began in March 2020 with a total shutdown at the onset of the pandemic and peaked in January 2022 amid the Omicron surge, according to Burbio, which tracked school closures and instructional methods across the country.

Oklahoma schools were open more than about half of states, ranking in the middle for the average time in-person for the 2020-21 school year, Burbio’s data show.

On the Nation’s Report Card, dramatic declines were experienced across the country. In eighth-grade math, scores fell in nearly every state. In fourth-grade math, there were declines in 41 states. Reading scores also declined in more than half of states, with none demonstrating improvement.

Remote learning looked different

across the U.S., and “is extremely complex,” Carr added. Also, there were significant declines in scores everywhere, including places where students were in remote learning for shorter periods.

Carr said she was not surprised to see larger declines in math, which is more sensitive to classroom instruction and requires skilled teachers.

One trend where Oklahoma stands apart is enrollment in charter schools, as the pandemic drove a massive spike in enrollment in virtual charter schools. For 2020-21, Oklahoma had the highest number of new charter school students in the country; enrollment in charters grew by nearly 78%, according to a 2021 report by the National Alliance for Public Charter Schools.

Epic Charter Schools, the state’s largest, grew to nearly 60,000 students in 2020-21 and still reported more than 38,000 students in 2021-22.

State test results released in October

showed the percentage of students scoring proficient or better improved in nearly every grade and subject compared to 2021. But scores were below pre-pandemic achievement levels.

U.S. Secretary of Education Miguel Cardona urged school leaders to double down on recovery efforts and use federal COVID-19 relief funds to help students catch up.

“A once-in-a-generation virus upended our country in so many ways – and our students cannot be the ones who sacrifice most in the long run. We must treat the task of catching our children up with the urgency this moment demands,” he said.

NAEP tests a broad sampling of fourth and eighth-grade students at public and private schools across the country every two years and has since the 1990s. The most recent testing took place between January and March 2022. Full NAEP results are at <https://www.nationsreportcard.gov>.



Bacone officials said it was critical to acknowledge the current, generational and historical abuses of Native American children. BACONE COLLEGE

## Bacone apologizes for U.S. assimilation of Native children

BY STAFF REPORTS

MUSKOGEE – Rounding out Indigenous Peoples Day on Oct. 10, Bacone College Interim President Dr. Nicky Kay Michael stood in front of the audience and apologized to Native people who were affected by the school’s past federal assimilation policies of Native children.

“To anyone we hurt and caused harm, we apologize,” Michael said. “For anyone who was violated sexually or physically, we offer our most heartfelt apology. To the Indian families we separated, we are sorry.”

Bacone has had ground penetrating radar surveys to ensure that no additional unknown deaths and unmarked graves are on the property, Michael said. “If we had found any, we would repatriate those babies to their people.”

Michael is a citizen of the Delaware Tribe, whose homelands are in Pennsylvania, where the most notorious Indian boarding school initiated the forced assimilation of thousands of Native American children, Carlisle. The Delaware were one of the first tribes to support repatriation of remains from the children who died at Carlisle in the 19th and 20th centuries. During the National Congress of American Indian’s 2021 Mid-Year Gathering, Secretary of Interior Deb

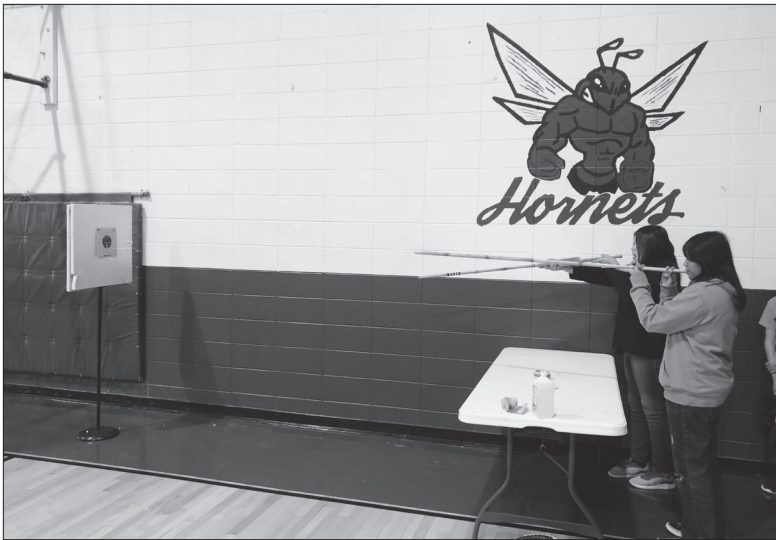
Haaland announced the Federal Indian Boarding School Initiative to address the abuses caused by these schools. Federal policies dictated Indian boarding schools to break up the extended family and clan units of tribal cultures and forced many Indian children thousands of miles away from their families and communities.

With November recognized as Native American Heritage Month, Bacone officials said it was critical to acknowledge the current, generational and historical abuses of Native children.

“We acknowledge and apologize that Bacone College was a product of this same process,” a Bacone statement reads. “However, we were fortunate to have less severe practices. As the Indian Boarding school era declined greatly after WWII, Bacone transitioned to a college and was known as Indian University. Since then Bacone has been the go-to college for many Native people throughout the country. In its height, Bacone had thousands of students, a rodeo, football, basketball, baseball and softball.

However, Bacone is internationally recognized for the incredible American Indian Art of our students. Today, Bacone has a 100% American Indian board and four chartering tribal nations: United Keetoowah Band, Osage Nation, Cheyenne and Arapaho, and the Kiowa Tribe of Oklahoma, who all have members on our Board of Trustees.”

## CULTURE DAYS



Cave Springs students learn how to shoot darts from a blow gun during a recent cultural day. PHOTOS BY LANI HANSEN/ GIDUWA CHEROKEE NEWS



Tradition Keeper Char Kingfisher-Wolf, who attended cultural days at local schools, is seen at Chouteau teaching students how to make baskets.



Chouteau students make baskets for their cultural day. Tradition Keeper Char Kingfisher-Wolf, not seen, taught the students the art of Cherokee basket making.





Colder weather means it's time to roll up your sleeves, make minor fixes and prepare your home before it's time to hunker down for winter. STATEPOINT MEDIA

# Projects to prep home for cold

STATEPOINT – It’s fall, which means it’s time to roll up your sleeves, make minor fixes and prepare your home before it’s time to hunker down for winter. Here are four easy do-it-yourself projects that will ensure your humble abode is in tip-top shape before the cold weather arrives.

### Patch It Up

If you experienced storms this past season, survey your home’s exterior for any damage. Take a walk around the grounds and look at the siding and the condition of the roof, including the garage and porch. Use T-Rex Waterproof Tape to temporarily patch small holes in vinyl siding, loose shingles or leaks in your gutter. The tape is formulated to withstand extreme temperatures and can stretch up to 700% of its original length, so it can be used for any indoor or outdoor job that requires a waterproof seal.

Making repairs will save you from expensive water damage costs down the road and help prevent any further issues arising during the cold weather season.

### Lawn Improvement

As the leaves fall off the trees and onto the ground, an alternative to raking is to pull out the lawn mower. Trim the leaves into smaller pieces, which can then be used as natural mulch around the yard and garden. Layer the compost around perennial beds or other plants to provide insulation and protection through winter.

Mid-to-late fall, with the warm soil and cool air, is also an ideal time for planting grass seed, and fertilizing and filling in holes with the leaf compost.

This will put you on a path to a greener lawn.

### Prepare the Deck

Before the first cold front approaches, make sure to clean up the patio or deck and store outdoor umbrellas, cushions and rugs in a safe spot in the garage or shed. If you notice any rot or wetness on the deck, it can be fixed by replacing the wood boards or using a wood filler to prevent further damage.

Winterize large patio furniture and protect items that are staying outside with a weatherproof cover. To keep the covers in place, secure them to the bottom of the furniture.

If there is a small tear in the fabric, mend it with T-Rex Clear Repair Tape. The all-weather, crystal clear tape has a waterproof backing and an aggressive adhesive to stick to wet surfaces – plus, it applies securely at below freezing temperatures.

### Squeaky Clean Exterior

Once the patio is prepped, turn your attention to the rest of the exterior. Debris and stains collected on the outside of the house during summer can set over the winter, so it’s a good idea to power wash away the dirt.

Start with the driveway, deck and windows and then take time to wash the siding and gutters, as long as you spray water in a direction that won’t force it behind the siding or under shingles. This project will help remove lingering grime, mold and mildew and ensure the outside area is clean and ready for winter.

After checking off these projects on your fall list, your home will be properly prepped so you can relax, slow down and enjoy the season.

## WINTER WEATHERIZATION 101

STATEPOINT – Prepping windows for cold, gusty weather is essential no matter your home’s age, but what exactly needs to be done? Read on for the ultimate breakdown of how to seal windows and protect your home from the winter chill.

1. Test for air leaks. Any style of window could have small air leaks that allow drafts and moisture to enter without your knowledge. Check your windows’ seals by lighting a match or candle and seeing if the smoke is affected by a breeze. The smoke trail can help pinpoint any small cracks you should address while weatherizing.
2. Fill the seals. Reinforcing the seal around the entire window frame will ensure it’s ready for cold weather. Using a product such as Duck brand Foam Weatherstrip Seals will help form a solid barrier around window edges, thanks to self-adhesive foam strips that block drafts. This can help lower utility costs by stopping leaks. Updating these seals every few years helps keep the window frame in the best possible shape and maintains protection from the winter winds.
3. Restore with paint. Updating your window with a fresh coat of primer and either paint or stain helps keep it in great condition for a change

- in season. Not only will it provide a new look, but paint or stain also creates a tight seal around the wood framework and acts as an additional barrier for pinhole cracks or air leaks.
4. Insulate the frame. Winter weather can be brutal in certain regions. Rolled Window Insulation Kits are crystal clear and create an additional cold-air barrier for when you need extra protection on top of foam seals. The window kit film comes in an easy-to-use roll of shrink film, which means no measuring is needed, and excess film can be cut once applied. Once secured to indoor window frames, the film provides an airtight seal that can be removed once warmer weather arrives.
  5. Add thermal protection. After preparing your window for the approaching winter winds, swap out your everyday curtains for thicker, thermal fabric window treatments. These insulating curtains typically have two or three layers of thick fabric, combined with a layer of acrylic foam, to prevent air infiltration and cold.
- Precautionary steps to seal in warm air and keep out potential drafts will help reduce energy costs this winter – and help protect the longevity (and comfort) of your home.

# Low-cost internet program helps families, veterans

The U.S. Census American Community Survey states 81 % of U.S. homes have broadband Internet access, but only 63% of those with annual incomes lower than \$35,000 do.

NEWSUSA – Unfortunately, many low-income households in this country aren’t connected and they’re missing out on the life-changing resources the internet has to offer.

According to the U.S. Census American Community Survey, 81% of U.S. households have broadband Internet access, but only 63% of those with annual incomes of less than \$35,000 do.

For the past seven years, Comcast has been on a mission to do something about this so-called “digital divide” through its acclaimed Internet Essentials program, which has become the largest broadband adoption program for low-income families across the United States.

The program has had an enormous impact on families and their children and, since its inception, more than 6 million low-income Americans have been connected.

To put that in perspective, 6 million people is larger than the populations of each city in America except New York City. While the numbers can be numbing, the individuals who have benefitted all have their own stories to tell.

“Low-income people face problems when it comes to accessing technology and a lot of people are left behind,” said Pam Ogglesby, an Internet Essentials customer. “I signed up for the program and I now see what I was missing. I feel connected now and it’s all because of Internet Essentials. I think this is going to change my life drastically. I intend to use the Internet to learn new things.”

In the beginning, Internet Essentials was offered to low-income families with children eligible to participate in the National School Lunch Program. Eligibility has also been extended to low-income seniors in more than a dozen markets, as well as to those households receiving HUD-housing assistance, which includes HUD’s Public Housing, Housing Choice Voucher, and Multifamily programs.

This year, the company is expanding eligibility again to low-income veterans living within the Comcast service area. About a third of the veterans in the U.S. do not have Internet access at home, and only about 60% even own a computer, according to the U.S. Census American Community Survey, creating a need for better options for the veteran community. As a result, more than 1 million veterans across Comcast’s footprint are estimated to be eligible.

Comcast’s Internet Essentials program works with community partners to break down the main barriers to Internet access – lack of affordable service; lack of a computer or other device; and lack of digital training by providing high-speed Internet service for \$9.95 a month plus tax, the option to purchase an internet-ready computer for less than \$150, and free digital literacy training in print, in person and online.

To apply, visit [www.internetessentials.com/apply](http://www.internetessentials.com/apply), or call 1-855-846-8376.



For the past seven years, Comcast has been on a mission to do something about this so-called “digital divide” through its acclaimed Internet Essentials program, which has become the largest broadband adoption program for low-income families across the United States. COMCAST INTERNET ESSENTIALS



# WOOD RECYCLING PROGRAM



The United Keetoowah Band of Cherokee Indians’ Wood Recycling Program offers a FREE and safe alternative for the removal of downed timber on your property. Tribal membership is NOT required. The timber will be ricked and donated as firewood for UKB elders and tribal members unable to harvest their own firewood for the winter season. The Wood Recycling Program will under certain circumstances cut intrusive or unwanted trees down, but a special assessment and waiver will be required. For information or if interested in donating/need timber removed, contact the Office of Environmental Services.

918-871-2825 or 918-871-2800 • [oes@ukb-nsn.gov](mailto:oes@ukb-nsn.gov) • [www.ukb-nsn.gov](http://www.ukb-nsn.gov)



# Prevent scams, fraud this holiday season

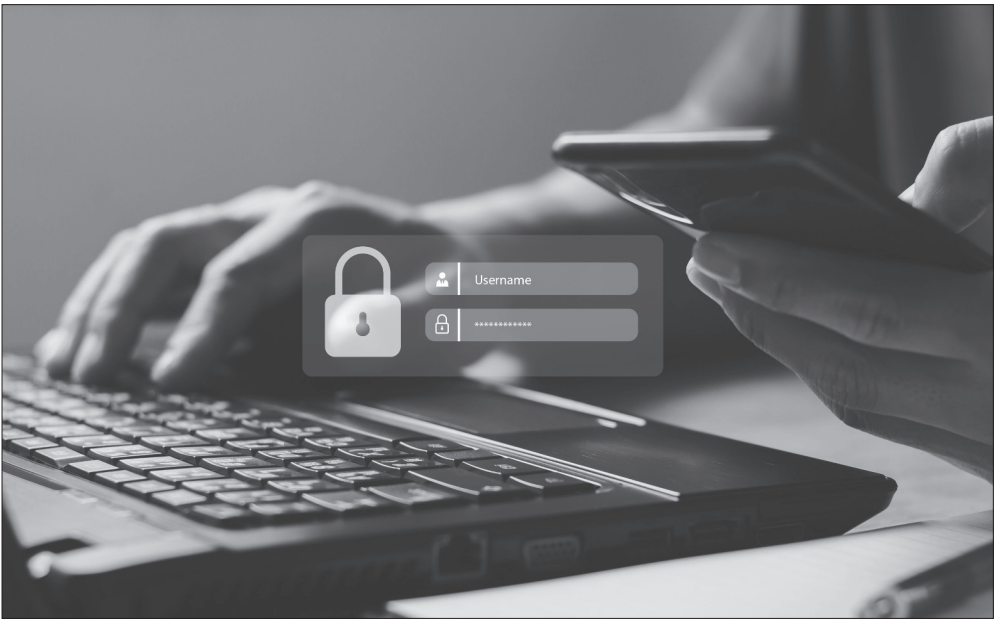
STATEPOINT – Scams and fraud are more deceiving these days, reaching you in more ways than ever before. The Federal Trade Commission reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 million.

Scammers begin their traditional uptick at the start of the holiday season, and identity theft protection expert Carrie Kerskie said being aware of what new cyber and phone fraud trends to look out for is your biggest defense against unwanted fraud.

“The more that we can get this information out there the better,” Kerskie said. “Unfortunately when it comes to technology, privacy and identity theft, the same old advice that was given 10, 15 years ago is still the gospel of what you’re supposed to do. And that is outdated. None of it works. It’s not true, it’s not relevant anymore.”

Scammers have expanded from targeting consumers with only traditional email and phone calls. The most recent trending scams are occurring using person-to-person payment platforms or P2P remote access software and even public Wi-Fi.

Kerskie said the most desirable accounts to criminals include bank accounts, mobile phone accounts, credit card accounts and Amazon accounts. Now, with P2P payment platforms,



The Federal Trade Commission reported 2.8 million fraud reports from consumers in 2021 alone, with reported fraud losses increasing 70% from 2020 and more than \$5.8 million. STATEPOINT MEDIA

criminals can get access to your bank account and use it to transfer money within moments.

The latest tactic that concerns Kerskie is using remote access software to gain access to everything on your computer without having to directly ask you for things like your Social Security number, bank account or credit card number. While many workers use remote access software safely from their companies’ IT

departments, criminals are also using this software in their scams.

Criminals also try to access your information in settings like coffee shops or libraries using public Wi-Fi. A laptop or smartphone using public Wi-Fi can easily fall victim to scams. An easy fix is to use your smartphone’s wireless data and hotspot to help keep your personal information secure.

Kerskie said there are ways to keep

scammers and fraud at bay ahead of the holiday shopping season.

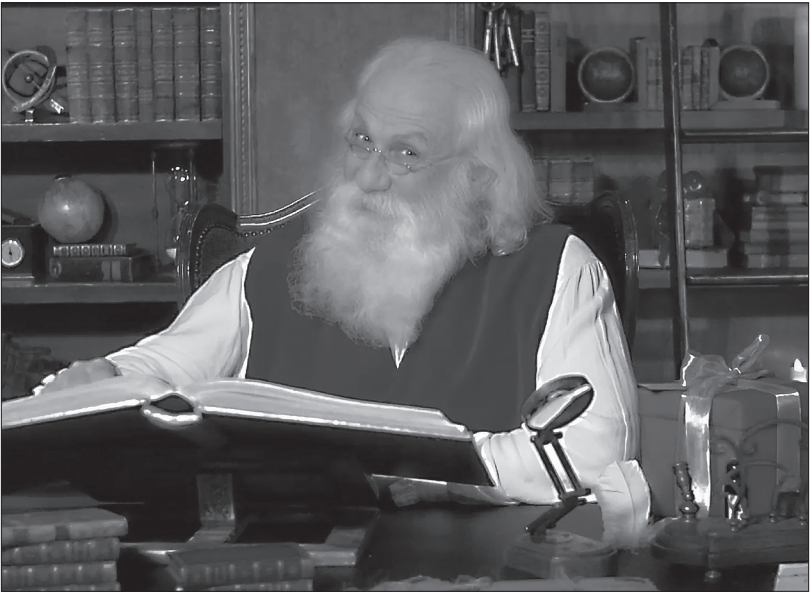
**Prioritize Privacy:** Kerskie said if it’s easy for you, it’s easy for a criminal. Privacy means having strong and unique passwords with a minimum of 12 characters, and for PINs using random numbers and taking advantage of extra security. Enabling multi-factor authentication on your various apps and accounts will also protect yourself from potential threats.

**Use Available Resources:** Take advantage of the free anti-fraud safeguards offered by your mobile carrier. In the case of T-Mobile’s Scam Shield, services include enhanced caller ID, scam ID and blocking, which flags suspicious calls and gives customers the option of blocking those numbers. Additionally, customers can get a free second number to keep their personal number personal, or even change their primary number completely.

**Validate or Eliminate:** Whatever potential threat you come across via email, text message, letter or even a phone call, try to validate the information. If you cannot confirm the information is true or confirm the senders’ validity, throw it away, block the phone number or email address and report it as spam or junk mail.

Understanding how potential cyber threats and fraud work will help protect you this holiday season and beyond.

By giving personalized gifts this holiday season, the recipients will feel special knowing they were created and picked just for them. STATEPOINT MEDIA



## Affordable gift ideas with personal touch

Many personalized gifts don’t have to be expensive to be remembered.

STATEPOINT – Are you struggling to find thoughtful gifts for everyone as you make your holiday shopping list? Well, it’s time to get personal. By giving a personalized gift, the recipient will feel special knowing it was created and picked just for them.

Here are a few customized gift ideas that they’re sure to love that won’t break the bank.

1. Make their holidays magical with video greetings. Perfect for spreading holiday cheer, SmashUps from American Greetings are highly personalized, smile-inducing, shareable videos. There are options for everyone, like a message from Santa that calls the recipient out by name and location, or a customized winter greeting delivered by a talking penguin. SmashUps can check the box for holiday greetings, or you can include a digital gift card to fulfill your gift giving needs.

With a subscription, you’ll unlock access to all of American Greetings’ digital offerings, meaning you can send unlimited SmashUps year-round. Subscriptions are \$6.99 per month or \$29.99 per year.

2. Photo finish. Photos are a simple and affordable way to personalize gifts. Start by choosing your favorite pic with the recipient and then determine how you’d like to deliver it. Whether it’s in a unique frame, or printed on a personal item, such as a mug, blanket, keychain, phone cover or even an ornament for their tree, the recipient will know how much they

mean to you each time they view it.

3. Initial thoughts. While not everyone wants to be in pictures, adding personalization to a gift item by using your recipient’s name, initials or monogram, can be a great alternative. And with a wealth of online sites, from boutique stores like Marley Lilly to major retailers like Amazon offering this service, you’ll have endless options – at various price points – to meet your shopping needs.

4. Eat, drink and be merry. They often say the way to the heart is through the stomach. So, whether it’s a foodie friend or a family member who has it all, making their favorite meal, treat, drink or dessert can be the ultimate thoughtful gift. Plus, it can provide you quality time together as you deliver the delicious treats to their home or host them at yours – that is... if they’ll share!

5. Write a message by hand. In an age where everything is digital, seeing a loved one’s handwriting – whether it’s scribbled by a child or printed by a grandparent – can be a special memento and unique way to customize a gift. Gift ideas could be handwritten messages and affirmations; a recipe book of your family favorites; or your handwriting could be inscribed onto a gift item like a keychain, picture frame or necklace.

Just remember, it’s the thought that counts. And luckily many personalized gifts don’t have to be costly to be remembered.

## What to consider when buying or renting a home

For those in the market to rent or buy a home, there is a lot to think about.

STATEPOINT – If you’re feeling stressed about rising rents and interest rates, you are not alone. Most American renters say their rents increased in the past 12 months, and for many, their wage gains didn’t keep pace. In addition, mortgage rates have reached a two-decade high.

This means that for those in the market to rent or buy a home, there is a lot to consider. According to Freddie Mac, deciding whether to rent or buy depends on your financial situation, future plans and lifestyle. You should also carefully assess the benefits and financial commitments that come with each option.

### Why Buy?

If you plan to stay in your home for at least five to seven years, buying can make financial sense. Homeowners may be eligible for certain tax benefits, and increases in home equity are important to building long-term financial independence. Plus, for those with a fixed-rate mortgage, stable monthly payments provide important predictability when creating a budget. Another benefit to homeownership is the freedom to make decisions about your house that best suit your needs without the approval of a landlord.

### Why Rent?

Compared to owning, renting is flexible and is usually low risk. Renting can require less money up front and provides you immunity to declining home values. It’s also a good option if you enjoy the ability to move relatively quickly. Not handy? Renting is also

great if you prefer to leave home repairs to someone else.

### Next Steps

As you make your decision, here are a few questions to ask yourself:

1. Am I ready for homeownership? Mortgage-ready homebuyers typically have not had a foreclosure or bankruptcy in the past seven years and no severe delinquencies in the past 12 months. Potential buyers are also often required to have credit scores and debt levels that meet certain criteria. To learn about credit scores and managing credit, consider using free educational resources from Freddie Mac.

2. How much can I afford? Free online tools can help you get a better idea of how much you can afford based on your personal financial situation.

3. Do I have enough saved? Determine how much you have saved for a security deposit or down payment. Look into down payment assistance programs, low down payment mortgage programs and learn more about budgeting for upfront rental costs.

If you’re still unsure which path is right for you, check out My Home by Freddie Mac, which offers financial education resources. Compare costs with the site’s Rent vs. Buy Calculator, and explore the tips and tools geared to those who are renting or buying. Visit myhome.freddiemac.com to get started.

Whether you choose to rent or buy, it’s important to keep an eye on your long-term financial goals. Building good credit and making a savings plan today can better position you for the future.



Most American renters say their rents increased in the past 12 months, and for many, their wage gains didn’t keep pace. In addition, mortgage rates have reached a two-decade high. STATEPOINT MEDIA

## COVID-19 SERVICES NOTICE

Our hours of service are from 8:30 a.m. to 5 p.m. Monday through Friday except for the UKB Tag Agency, which is open 8:30 a.m. to 4:30 p.m. The Community Services lobby is open again to the public with precautions. We will allow 4 individuals in the lobby waiting area at a time for services. Individuals will be escorted to the appropriate department for services, and social distancing will be a priority for the duration of the visit. A temperature check will be conducted upon entering the building and masks are now optional but encouraged. The Title VI/Elder Nutrition WILL NOT reopen its building at this time due to the nature of the clients they serve. The anticipated reopening is June/July.

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# Ketcher crowned Miss New Years 2022-23

Aiyana Ketcher has competed in Dream Stars Connections pageants since she could walk, and now she gets the opportunity to represent.

BY LANI HANSEN  
Reporter

STILWELL – United Keetoowah Band member Aiyana Ketcher has been competing in the Dream Stars Connections Pageants since she was 3 years old. This year she was named 2022-23 Miss New Years of Stilwell. According to Dream Stars Connections Facebook page, it is founded and directed by Lora Gallardo of Stilwell.

This is a pageant system that holds annual Cinco de Mayo and Christmas pageants. They judge by onstage interviews, personality and stage presentation, charms and others. Ketcher, age 8, is the granddaughter of Connie Walker. She attends school at Marietta Public Schools and is in the second grade. She competed in the Dream Stars

Connection Christmas Pageant on Nov. 12th with ten other girls. Ketcher said she modeled her dress and that is how the judges picked the winner.

Besides her main title she won the Dream Star Ultimate Co-ed. She was also awarded the Prettiest Hair, Prettiest Evening Gown and Model Print.

According to her grandmother, for the Miss Ultimate Coed category it was a fundraiser for the contestant to sell Sonic gift cards.

Walker said, “She won the biggest title the pageant gives away, she won Miss New Years.”

Other than pageants, Ketcher enjoys participating in track or cross country and her favorite subject in school is art.

Her grandmother is proud of her for competing in this pageant and winning this year.

“She’s come a long way, growing up without a mom, and I’ve started her in the pageants where it’s helped with her self-esteem. She’s come alive through these pageants,” Walker added.

Representing her new title, Ketcher will be seen in the Stilwell Christmas Parade on Dec. 10 and next year in the Stilwell Strawberry Festival Parade in May.

**“She’s come a long way, growing up without a mom, and I’ve started her in the pageants where it’s helped with her self-esteem. She’s come alive through these pageants.”**

Connie Walker, Aiyana Ketcher’s grandmother



UKB member Aiyana Ketcher holds a pageant crown with her grandmother, Connie Walker. Ketcher has appeared in pageants since she was 3 years old.



United Keetoowah Band member Aiyana Ketcher was recently named the 2022-23 Miss New Years of Stilwell. PHOTOS BY LANI HANSEN/ GIDUWA CHEROKEE NEWS

United Keetoowah Band member Mikah Vann throws a pitch for the Tahlequah Tigers. Vann helped lead the Tigers to the Class 5A state tournament. COURTESY



# Vann excels at softball

BY LANI HANSEN  
Reporter

TAHLEQUAH – United Keetoowah Band member Mikah Vann was named District 5A-4 and 5A pitcher of the year and 5A Large East All-State for high school softball.

Vann, a senior out of Tahlequah High School, is the daughter of Carrie Haney and Rich Vann.

She has been playing softball since 8 years old and fell in love with the sport. Vann, who is graduating in May played on the Tahlequah Tigers softball team all through high school as their starting pitcher, she also played outfield.

She has received many awards and recognitions playing since her freshman year. Vann received first team pitcher in districts from her freshman year to sophomore year.

“This year I got pitcher of the year, so that built up,” she stated. “In 2020, I got honorable mention of Tulsa World’s softball which is pretty big.”

Also, in 2020 she was the Hype underclassman to watch as a sophomore, another huge recognition as she believed. All through high school, Vann qualified for state each year.

Vann was also named to the National Fastpitch Coaches Association 2022 NFCA High School Summer/Fall All-Region

team. Vann was named NFCA All-Region Second Team pitcher.

The two regions comprise of high schools from the states of Colorado, Georgia, Iowa, Missouri, Nebraska, and Oklahoma, who compete in either the fall or summer.

With high school softball season under her belt, Vann is now looking forward to graduation and college. She has been touring a few colleges already but is undecided now.

“I want to attend a two-year college at least for my basics and to study psychology,” Vann said. “I haven’t decided yet on where, but I have an idea.”

Reflecting back Vann is going to miss her girls on the team, the competitiveness of districts and the friendships she has made along the softball road.

Vann’s family thinks highly of basketball, so when it came to her playing softball, she said her mom was the one to push her and encourage her along the way.

“My mom didn’t know much of softball or definitely as a pitcher, so her pushing me or watching videos to teach me that was a big thing,” Vann said. “I wanted to be good at this sport and I know my family found interest in it after a while.”

Both of her parents are proud of all her accomplishments she achieved in high school.

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# UKB's JHCCM earns national award

**The John Hair Cultural Center  
and Museum receives an  
award for Culture Builds  
Communities Project.**

**BY MARILYN CRAIG**  
UKB Museum Marketing Coordinator

TAHLEQUAH - The John Hair Cultural Center and Museum has been recognized as one of the Top 10 Museums in Indian Country.

These top museums served as models for the Culture Builds Communities Project sponsored by the Association of Tribal Archives, Libraries, and Museums (ATALM) with funding from the Institute of Museum and Library Services and the National Museum of the American Indian.

The honors went to the Choctaw Nation, Chickasaw Nation, Citizen Potawatomi, Pueblo of Pojoaque, Shakopee Mdewakanton Sioux, Shawnee, Southern Ute, Suquamish Tribe, United Keetoowah Band of Cherokee Indians and the Wyandotte Nation.

ATALM is an international nonprofit organization that maintains a network of support for Indigenous programs, provides culturally relevant programming and services, encourages collaboration among tribal and non-tribal cultural institutions, and articulates contemporary issues related to developing and sustaining the cultural sovereignty of Native Nations.

The ATALM mission embraces the cultural differences, beliefs, customs, languages, and practices of all its members. It regards the preservation of historical documents, records, photographs, language materials and recordings, art, artifacts and cultural items as paramount to the cultural and political survival of tribal peoples in the 21st century and beyond.

UKB Chief Joe Bunch and JHCCM Director Ernestine Berry attended the annual ATALM conference held Oct. 25-17 at Pechanga Resort & Casino in Temecula, California. Bunch accepted the award on behalf of the tribe.

“For the ATALM to recognize the UKB museum as a model museum is indeed an honor. This organization respects the cultural integrity and practices of each individual Native Nation. Congratulations to Ernestine and the museum staff on this achievement,” said Bunch.

Since opening in 2011, the UKB museum has continued to grow and increase its offerings. Some of the assets that made the museum receive a high rating as a model museum includes the layout and design of museum, which includes a classroom and stage, research library, archives, gift shop, cultural kitchen, and two large exhibit areas.

Program development was another area of excellence, including cultural and language classes and events.

For Berry, it has all been a labor of love.

"It is an honor and a privilege to have helped with



**Tribal representatives, including UKB Chief Joe Bunch, right, receive awards for being a top 10 museum as named by the Association of Tribal Archives, Libraries, and Museums. COURTESY PHOTOS**

the design of the museum. It is a very practical space that accommodates the needs of the various activities. Working closely with the architect and builder, I had the opportunity to specify the kind of spaces we needed and to see firsthand those ideas come together. I am also gratified to have participated in the activities of the museum with many members of our Keetoowah family. Thanks to ATALM and Susan Feller for this exceptional award," said Berry.

The John Hair Cultural Center and Museum is located at 18280 West Keetoowah Circle in Tahlequah. For more information, call 918-871-2866, or go to the JHCCM Facebook page or website at [www.ukb-nsn.gov](http://www.ukb-nsn.gov).

**“It is an honor and a privilege to have helped with the design of the museum. It is a very practical space that accommodates the needs of the various activities. Working closely with the architect and builder, I had the opportunity to specify the kind of spaces we needed and to see firsthand those ideas come together.”**

**Ernestine Berry,**  
John Hair Cultral Center and  
Museum director



**John Hair Cultral Center and Museum Director Ernestine Berry and UKB Chief Joe Bunch receive an award for being one of the top 10 museums recognized by the Association of Tribal Archives, Libraries, and Museums.**

# Tradition Keepers holding Christmas Raffle until Dec. 10

**All items included in the raffle have been made and donated by individual Tradition Keepers.**

**BY MARILYN CRAIG**  
UKB Museum Marketing Coordinator

TAHLEQUAH – Members of the United Keetoowah Band Tradition Keepers will be selling raffle tickets through Dec. 10. Tickets are available from any UKB Tradition Keeper or may be purchased from the John Hair Cultural Center and Museum Gift Shop.

Tickets are \$1 and will qualify every purchaser to have a chance to win dozens of individual drawing prizes.

All the items included in the raffle have been made and donated by individual Tradition Keepers.

Items include a beaded necklace, beaded lanyard, dream catchers, baskets, baby moccasins, beaded headband, soapstone carved turtle and ribbon skirts.

For an exact listing and photos of all

the prizes available, go to the John Hair Cultural Center and Museum page on Facebook.

"This is a great raffle because for only a dollar, you have a chance to win 18-20 individual items. So, for all intents and purposes, if you spend \$1, each item will only cost a nickel to try and win," said Ralie Grayson, museum gift shop employee.

Proceeds for the raffle will go into the Tradition Keepers fund for future projects or to help the community.

One of the current endeavors they are supporting is the UKB Indian Child Welfare Angel Tree.

For more information, visit the John Hair Culture Center and Museum's Facebook page or call the museum at 918-871-2866.



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The UKB Media Department is selling Yansa (Buffalo) shirts for \$20 each! Limited shirt sizes are available from S-2XL. Visit the UKB Services Building and ask for Media for your purchase. Cash only.

# **UKB GRASSROOTS MEETING**

A meeting of the United Keetoowah Band grassroots membership is scheduled for 6 p.m. Dec. 6 at the John Hair Cultural Center and Museum at 18280 W. Keetoowah Circle in Tahlequah, Oklahoma.

Up for discussion will be the UKB membership status and the problems UKB members have experienced with the Bureau of Indian Affairs/Indian Health Service acceptance and validation of UKB membership.

Discussion will include possible steps UKB members can take to bring this issue to the forefront of the federal government's attention to find remedial solutions. All UKB members who are interested in this issue are invited to attend. This will be a first meeting on this topic with plans for other meetings to follow.

Call 918-462-0764 for more information.





A mini face mask created by Lani Hansen, a reporter for the Giduwa Cherokee News. COURTESY

# JHCCM hosts Lunch and Learn for UKB employees

This is an opportunity for employees to do a make and take craft project during their lunch times.

BY MARILYN CRAIG  
UKB Museum Marketing Coordinator

TAHLEQUAH - The John Hair Cultural Center and Museum has launched a new monthly cultural series for UKB employees. Titled “Lunch and Learn”, this is an opportunity for employees to do a make and take craft project during their lunch times. All supplies will be provided, and administration will provide lunch. Classes will be held once a month and began on November 16 with a mini gourd mask decorating class. There were 10 employees that participated.

Most sessions will last about an hour from noon – 1 p.m. Due to limited space and supplies, participation is limited to 10 employees per class. Some of the make and take classes will include cornhusk dolls, clay pinch pots, basket weaving, finger weaving, and stickball balls. The summer series will include traditional games and stone carving.

Assistant Museum Director Barbara Foster is coordinating the series and will be a presenter for several classes. Foster has been working with Cherokee culture for over 30 years. “We want our employees to be familiar with what we do at the museum. Then they can spread the word to the public,” said Foster.

The JHCCM is located at 18280 W. Keetoowah Circle in Tahlequah. For more information, call 918-871-2866.

# NATIVE AMERICAN HERITAGE NIGHT



United Keetoowah Band Education Director Dr. Leslie Hannah and UKB Transit Specialist Holly Noe man a UKB table on Nov. 19 during the Tulsa Oilers’ Native American Heritage Night at the BOK Center in Tulsa, Oklahoma. LANI HANSEN/GIDUWA CHEROKEE NEWS



Tulsa Oilers Ice Girls bring out players for the hometown team on Nov. 19 at the BOK Center in Tulsa, Oklahoma. The Tulsa Oilers hosted Native American Heritage Night but lost to the Rapid City Rush 9-1. LANI HANSEN/GIDUWA CHEROKEE NEWS



Giduwa Cherokee News Reporter Lani Hansen and Media Specialist Rita Courtwright get a photo with Native comedians and actors Lil Mike and Funny Bone on Nov. 19 during the Tulsa Oilers’ Native American Heritage Night. COURTESY



Forward Eddie Matsushima after scoring his seventh goal of the season while tying the game 1-1 on Nov. 19 at the BOK Center on Native American Heritage Night. Unfortunately for the Oilers, they lost to the Rapid City Rush 9-1. COURTESY OF TULSA OILERS INSTAGRAM

FROM ALL OF US TO ALL OF YOU...

MERRY CHRISTMAS & HAPPY NEW YEAR



## **\*\*\*NOTICE OF PUBLIC HEARING\*\*\***

**The UKB Office of Child Care will be holding a public hearing in preparation for the upcoming UKB Child Care and Development Fund (CCDF) Plan submission.**

**Input from various partners and stakeholders, including parents/guardians and childcare providers, will be accepted, and evaluated as it pertains to the upcoming FY 2023-2025 UKB CCDF Plan.**

**The meeting will be held on Thursday, December 8<sup>th</sup> at 6:00 pm in the conference room of the John Hair Cultural Center and Museum located at 18280 W. Keetoowah Circle, Tahlequah, OK.**